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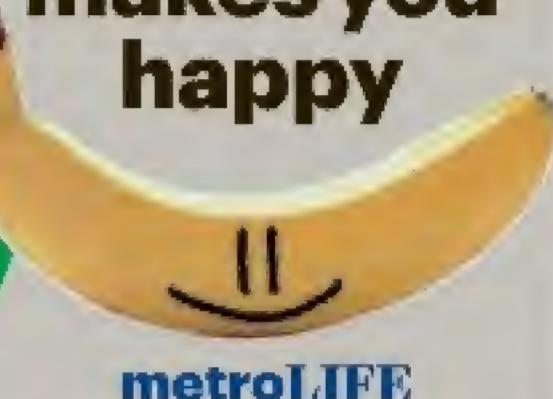
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NAMES to FACES

Archivists renew the call to help identify indigenous
people in old photographs **metroNEWS**

Snowy sidewalks lost cause: Critic

TRANSPORTATION

**No salvaging
this winter for
walkers due to
focus on roads**


**Braeden
Jones**
Metro | Winnipeg

It snowed, snowed again, and now it's snowing more, exposing a stark dichotomy between the maintenance of Winnipeg's roads and its sidewalks.

It was one of the snowiest Decembers on record, but while many roads are sanded and navigable, sidewalks next to them are hilly and impassable.

Snowfall can spell trouble for drivers as roads get messy and parking restrictions tighten up, but the city's response is instant and, eventually, satisfactory.

But for people who walk, bike, bus or use any combination of

active transportation (AT) to get around, the cumulative effect of snow on snow on snow is essentially the end of easy passage.

"I can't see how we can salvage this winter," lamented Jamie Hilland of the Green Action Centre. "You'll see (people) forced to walk on roadways because we prioritize vehicle travel over people walking."

Hilland, who has led a walking school bus of kids for eight years, said he can look at the pathways and see when peak winter has rendered AT an impractical choice.

"We're at that point," he said.

Hilland explained that for cyclists, children, the elderly or anyone with mobility challenges, the rest of this winter will be a "tough slog."

"Right now a lot of them are homebound," he said.

As the city encourages active living, and spends millions on bike lanes and transit, Hilland said the poor maintenance is "a disservice to the investment."



**We prioritize
vehicle travel over
people walking.**

Jamie Hilland

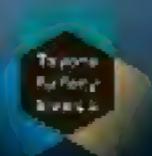
Public-works department spokesperson Ken Allen said it might look like roads are top priority because they get the "rapid response" of plows, but clearing sidewalks and trails remains high on the list.

He explained truck plows are dispatched as soon as the flakes start flying, and within hours the volume of snow pushed from roads during back-to-back quick responses means "snow storage on boulevards is at a premium."

So sidewalks have normally been subjected to persistent snowfall before they're cleared. The situation is exacerbated, in many cases, by snow spilling off windows onto sidewalks before or after they're cleared.

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Councillors list top priorities

GOVERNANCE

Perking up parks and rec, public facilities ranks high



Stephanie Taylor
Metro | Winnipeg

Like many of us, Winnipeg councillors rang in 2017 with a few goals in mind.

Metro Winnipeg asked our 15 municipal leaders to email a list of their specific priorities for the New Year.

Ten responded before deadline. Due to vacations and a snowy start to the work week, some others were unavailable for comment on Tuesday.

Here's what they had to say. Their responses have been edited for length and clarity:

Brian Mayes (St. Vital)

"On the local level I look forward to ground breaking on the new sports field and outdoor basketball court at my old high school, Dakota Collegiate and opening the new Fieldhouse at Dakota Community Centre. On a city-wide level I am psyched that we will be starting the new youth 'urban peace corps' with the University of Winnipeg this summer."

John Orlikow (River Heights-Fort Garry)

- "Work with stakeholders to update OurWinnipeg including land use and infrastructure strategy tied into determining areas of growth.

- Implement new policies that will protect Winnipeg's tree canopy.

- Complete the Ash Street pocket park and streetscaping



Councillors at Winnipeg City Hall weigh in on their priorities for the New Year.. LYLE STAFFORD/FOR METRO

along Academy.

- Finalize the Grant Park Recreation Campus plan that will include the location of a new library and twin arena for the area."

Jeff Browaty (North Kildonan)

"I look forward to my new role holding the mayor, the executive policy committee and the administration to account, publicly, by asking questions and challenging their direction and decisions (something I used to do primarily behind closed doors).

I definitely want answers on what the opening of Portage and Main would cost and I will demand that the mayor hold

public open hearings and a true meaningful dialogue with the public at large."

Matt Allard (St. Boniface)

"On Winnipeg Transit:

- Explore the possibility of running Rapid Transit through St. Boniface.

- Explore improvements to existing routes like the 10, 19 and 10 others.

On new consultation for infrastructure improvements to Mar-

ion & Archibald:

- Work with the community for a fresh plan, advocate for funding and consider all options on the table for a new plan."

Russ Wyatt (Transcona)

"I have three priorities: Roads, roads, roads."

Devi Sharma (Old Kildonan)

"Continued progress on upgrading community centres, recreational amenities, roads, transit and seniors programming in Old Kildonan will be a priority.

Advocating for walking and cycling improvements in North Winnipeg is important to me.

This includes extending the Chief Peguis Greenway from Henderson to Main Street and the Northwest Hydro Greenway Corridor."

Jenny Gerbasi (Fort Rouge-East Fort Garry)

"I will be bringing forward a report from the Mayor's Climate Change Working group, which I chair, with our recommendations



Coun. Jenny Gerbasi
METRO

that we have been working on over the last six months early in the year. There are a number of things the city is investing in the 2017 budget such as roads and transit, but I am particularly looking forward to seeing the new pavilion built at Crescent Drive Park."

Mike Pagtakhan (Point Douglas)

"I want to see the work completed on the preliminary design for the Arlington Bridge this year. Also, I will be working to ensure that the downtown dog park is completed this year.

Some of the local projects I want to see completed or well under way in 2017 include the park shelter and fitness trail at Rosehill Park in Meadows West, plus the splash pads at the Freight House and at North Centennial.

A personal goal for me in 2017 is to achieve a level of fitness to take part in a couple of five-kilometre runs this summer."

Shawn Dobson (St. Charles)

"My priorities haven't changed. I'm still going to push for more openness and transparency at city hall. All councillors should be involved in the budget process and you can expect me to turn up the heat on that issue.

As for my ward, I look forward to work finishing up on two playgrounds in my area this year: Canoe Bay Park and Whitegates Park."

Cindy Gilroy (Daniel McIntyre)

"Reopen the Sherbrook Pool, redevelop the Orioles Community Centre site with new activities and updated facilities, continue upgrading roads, invest in active transportation and complete phase 1 of the rapid transit system."

POLITICS

Ex-cabinet minister's fate soon to be decided by Opposition NDP

A former Manitoba cabinet minister who was the subject of a sexual harassment complaint will likely learn next week whether he will be fully reinstated into the Opposition NDP caucus.

The NDP caucus will meet next Tuesday to discuss the fate of Mohinder Saran, who was suspended from attending caucus

meetings in November following a formal complaint that he had harassed someone in the workplace.

The NDP and Saran have not disclosed any details, but a party source said Saran was accused of making inappropriate comments and overtures to a subordinate.

The NDP also revealed last month that Saran had faced an

other harassment accusation several years ago that was resolved informally.

Saran's lawyer, Bill Gange, recently said Saran has been taking sensitivity training, has complied with the investigation by the legislature's human resources branch, and fully expects to be reinstated.

Gange has also said Saran was

not admitting to any wrongdoing and there was a "difference of interpretation" about events.

The controversy has delivered a blow to a NDP caucus that was already reeling from a devastating election loss last April. The election saw an end to 17 years of NDP rule and the party was reduced to 14 of 57 legislature seats.

The handling of the harassment allegations has also stirred up controversy in caucus, according to a second NDP source who spoke on condition of anonymity because they were not authorized to speak publicly.

Interim leader Flor Marcelino has said she knew about the accusation for a few weeks before she informed all other caucus members.

Saran was first elected in 2007 and, in 2015, played a key role in helping then-premier Greg Selinger survive an internal coup launched by five cabinet ministers.

Saran has not responded to interview requests. His lawyer said he would not be making any comments. THE CANADIAN PRESS

Cochrane reflects on great hit

MUSIC

Single Life is a Highway lifted album to over a million copies

More than 25 years after the runaway success of *Life is a Highway*, Tom Cochrane is still trying to unpack how it forever changed his career.

Topping the Canadian charts for six weeks, the furiously optimistic single burst onto radio in 1991 and helped carry its album *Mad Mad World* to sales heights reached by few Canadian artists — over a million copies.

Even now, Cochrane seems baffled by the trajectory that turned his “manageable success” as frontman of 1980s rock band Red Rider into an entirely different beast.

“As an artist it appears like there might be a master plan,” he says.

“But I’ve always been a believer in putting one foot ahead of the other and seeing where it leads.”

In February, the eight-time Juno winner will embark on an anniversary tour that marks the birth of the song and its seminal album, which was released in September 1991. The concerts are timed with a reissue of the album, packed with extra goodies for fans, and a coffee-table book that’s still in the works.

It’s not just Cochrane who is marking the occasion.

A stretch of Manitoba highway near his birthplace in Lynn



Tom Cochrane, more than 25 years after the runaway success of *Life is a Highway*, is still trying to unpack how it forever changed his career. FRANK GUNN/THE CANADIAN PRESS

I helped pave the way, I believe, for artists (being) proud to be a Canadian. Tom Cochrane

Lake was renamed in his honour last October and Calgary’s Studio Bell is currently holding an exhibit of rock memorabilia from his career that runs until April.

All of this might’ve never happened if an earlier take of *Life is a Highway* hadn’t

been rescued from a pile of songs Cochrane thought were unusable.

First envisioned as *Love is a Highway*, Cochrane says his original version was nixed while he was still in Red Rider.

It was his friend John Webster, an instrumentalist on *Mad*

World, who encouraged him to revisit a demo recording with mumbled vocals and improvised lyrics that still lacked the infectious sing-along chorus. The song was bare-bones at best and Cochrane didn’t know what to do with it.

Upon returning from a “shocking and traumatic” visit to West Africa he found the answer.

Struck by his experience in the region with the World Vision famine relief organiza-

tion, he was trying to process his thoughts after witnessing levels of poverty unlike anything he had seen before.

“I didn’t realize how much that would affect my psyche,” he says.

Cochrane needed a happy song he could “hang the experience on” and one morning inspiration struck for a new take on *Life is a Highway*.

“It became a pep talk to myself ... saying you can’t really control all of this stuff, you just

do the best you can,” he says.

“All the details of going into a country like Mozambique, which was in a protracted civil war at the time, you can’t be distracted with all of that.”

Writing some ideas out, he rushed into his backyard recording studio to lay it down.

Within days of its release, *Life is a Highway* was all over Canadian airwaves.

Stateside it didn’t take long to catch fire either and it climbed to No. 6 on the Billboard Hot 100.

“It just seemed to keep going,” a befuddled Cochrane recalls.

On its heels, *Mad Mad World* turned out a few other notable singles.

No Regrets, *Sinking Like a Sunset* and *Washed Away* all charted, but none of them came close to the strengths of *Life is a Highway*.

Cochrane says without the first hit, it’s unlikely his album would be one of Canada’s all-time bestsellers.

“I still think it was a strong record all the way through, but it wouldn’t have been the same thing,” he says.

“It would’ve gone in a different direction and perhaps wouldn’t have had the impact it had.”

He hopes that beyond *Mad Mad World* he’s also made a dent in how Canadian artists are perceived on a global scale.

“I helped pave the way, I believe, for artists (being) proud to be a Canadian,” he says.

“Back then it was hard to fight for your Canadian identity and stand your ground.”

THE CANADIAN PRESS

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Names restore 'sense of dignity'

HISTORY

Identifying indigenous an overwhelming, necessary task

Jessica Botelho-Urbanski
For Metro | Winnipeg

As Canada turns the page on a new calendar year and welcomes its 150th birthday, archivists are scrambling in a race against time to right a historical wrong.

Project Naming, established in 2002, aims to put names to the faces of indigenous people whose photographs appear in Library and Archives Canada's collection.

With more than 33 million photos to sift through — and only about two per cent of those digitized — the rewrite is an overwhelming, yet necessary task, said Beth Greenhorn, manager of online content for the public services branch of Library and Archives Canada.

"For me, I think having a name to a face creates a sense of dignity. It demonstrates that



Hudson's Bay Company store clerk Henry Linklater building a mink trap in Brochet, Manitoba, March 1955. Project Naming tracked down his identity. LIBRARY AND ARCHIVES CANADA



An boy stands on a swing in Swan River, Manitoba, June 23, 1956. LIBRARY AND ARCHIVES CANADA

the people that are depicted in these pictures have lives. They contributed to their communities. They had family networks and friends," she said. "By giving a name, I think it does restore this sense of dignity and I think corrects a historical wrong."

Indigenous people are largely anonymous in the archival photography collection, described instead as Indian, Métis, Eskimo or Inuit, Greenhorn said. Mean-

while, non-indigenous people tend to be named in most of the photographs, reflecting the racial biases of the photographers at the time.

Since 2002, about 2,500 people, places and activities have been identified by members of the public — whether on the Library and Archives of Canada website or on their Facebook page. Project Naming began by focusing on photos from Inuit

communities, then expanded its mandate to include First Nations and Métis groups across Canada in May 2015.

For the Manitoba Métis Federation, the project complements years of homegrown efforts to identify their ancestors, some of whom were afraid to publicly describe themselves as Métis after the murder of Louis Riel in 1885, said MMF's director of communications Jonathan Hamel.

"The Métis Nation has suffered a lot when it comes to loss of identity and suppression and oppression," he said. "It's important for us and for our Métis elders to be able to help identify some of these people so that we can say, 'Hey, these are our people. This is who we were.'"

As vital as it is to name each individual pictured, archivists would also like to update the photos' captions to reflect the

33 million

The photograph collection of Libraries and Archives Canada, of which roughly 2 per cent has been digitized.

evolution of language choices preferred in Canada.

"People at that time were using out-dated terminology by today's standards. So a lot of the time when people are looking for photos from their community, they just have to sometimes use different strategies (or words)," Greenhorn said.

Some of the photos date so far back that people featured in them may no longer be recognized by their relatives, Greenhorn added, making Project Naming's mission even more pressing.

"I think that this is part of reconciliation... sharing this historical material with people who might not have access to a visual record of their history," Greenhorn said. "Hopefully it can lead towards reconciliation and coming toward some sort of understanding with the past, and hopefully this is a way that we can move on together."

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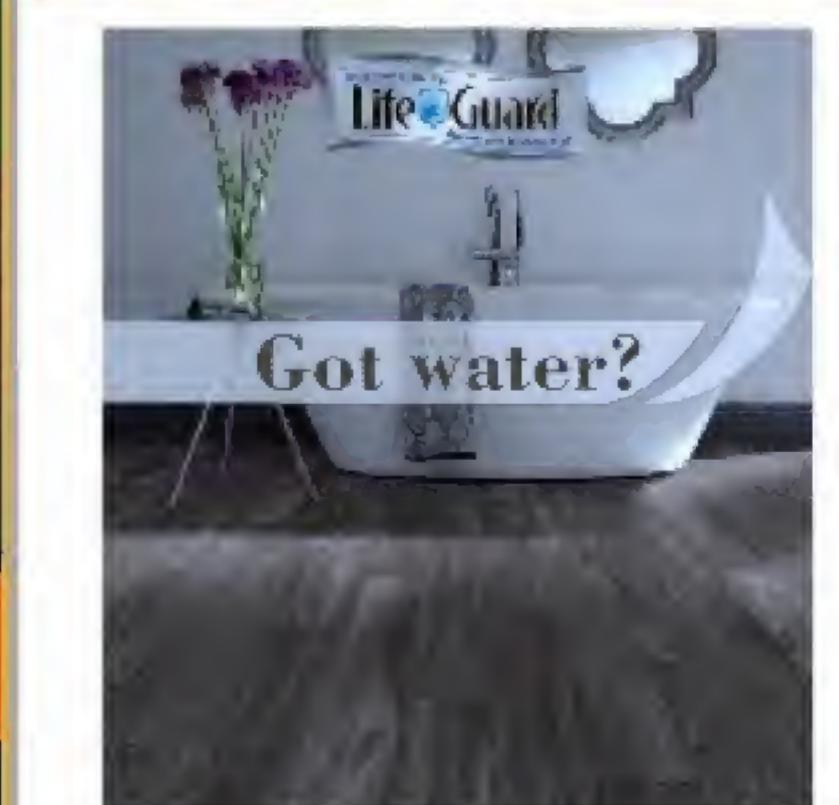


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BIRTHDAY BASH

Bakery's tasty treats celebrate each province and territory

Yvette d'Entremont
Metro | Halifax

A bakery in Halifax, N.S. has hit on a tasty way to celebrate Canada's 150th birthday.

For each month of 2017, the Old Apothecary will feature classic desserts from each Canadian province and territory.

People are being encouraged to share their favourite recipes that best capture the regional flavours of the parts of Canada they love in return for a gift card and public acknowledgement.

First up for the month of January is Newfoundland and Labrador. Desserts from that province will be served starting Wednesday. Partridgeberry squares and snowballs are just two of the Newfoundland-inspired items that will appear on the menu over the next month.

Owner Laura MacLeod said she baked up the idea for a Canada-



Laura MacLeod will bake treats each month of the sesquicentennial. JEFF HARPER/METRO

themed 2017 on New Year's Eve while thinking about changes to her menu.

She asked people via social media to send in their favourite recipes from across Canada, and so far she hasn't been disappointed.

"Out of the gate people were saying 'I love this idea.' It was fun to see immediately what came in and to realize I knew absolutely none of the recipes that were coming in," she said.

"This is going to be a great

way to learn about the baking history of Canada and what it means province by province. I just thought it would be fun because I know what my grandmother's cookbook looks like, and I'm sure that everybody's got one."

Although she still hasn't mapped out which provinces are being represented when, Quebec is happening next month to take advantage of its renowned maple syrup.

"I'm going to cherry pick

TAKE PART

Send submissions to info@theoldapothecary.com.

Nova Scotia's so that we get our strawberry shortcake, so we'll get strawberry season," she said.

"I'm going to try to pay attention to seasonality as much as possible. I realize that's a tricky thing to do in Canada."

With 10 provinces and three territories to cover over the year, MacLeod said she may have to squeeze two territories into one month.

Although she's still ironing out the finer details, MacLeod's excited about the initiative and is encouraging people to start sending in their favourite recipes representing all of Canada's provinces and territories.

"We know people from Nova Scotia are from everywhere because we talk to them everyday. We have Newfoundlanders, we have people from Quebec, from Ontario, from B.C., Alberta," MacLeod said. "I'm really excited about learning. I think there will be a lot of that happening for many of us this year."

Four dead in rural Nova Scotia home

Philip Croucher
Metro | Halifax

borough County around 6 p.m.

Based on the preliminary investigation, the RCMP want to advise there is no risk to the public. RCMP Cpl. Jennifer Clarke said it's a "developing" and "complex situation."

The RCMP say they are continuing to investigate and more information will come out when available.

TRAGEDY

Woman killed instantly in Italy hiking accident

A young Ontario woman who had recently moved to Europe with her fiancé died on New Year's Day after falling off a mountain path during a hike near the Italian-Austrian border.

Chelsea Rebecca Alvarez was hiking on Jan. 1 in a mountainous area in the South Tyrol region of northern Italy, when she reportedly slipped off a path and fell onto rocks in a valley below, local media reports said.

The 24-year-old died instantly, the reports said, and rescue teams recovered her body from

the area.

Many Canadians have died abroad in recent days:

❶ **Clinton Munkittrick** of Sherbrooke, Que. died in Thailand after a New Year's Eve party.

❷ **Alaa Al-Muhandis** of Milton, Ont. was killed in the New Year's attack on an Istanbul nightclub.

❸ **A 10-year-old girl** died Christmas Eve after falling ill aboard a transatlantic Air Canada flight, which diverted to Ireland.

❹ **Linda Vatcher**, 62, of Corner Brook, N.L., was killed Dec. 18 during a shooting ambush in Karak, Jordan. THE CANADIAN PRESS

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Nearly 7,000 Iraqis killed

MIDDLE EAST

**2016 casualties
'have to be
considered a
minimum': UN**

Violence claimed the lives of at least 6,878 civilian Iraqis last year, the United Nations said on Monday, as the Iraqi government struggles to maintain

security and to dislodge Daesh militants from areas under their control.

The UN Assistance Mission for Iraq, known as UNAMI, said its numbers "have to be considered as the absolute minimum" as it has not been able to verify casualties among civilians in conflict areas, and of those who lost their lives due to "secondary effects of violence ... due to exposure to the elements, lack of water, food and

health care."

UNAMI said in a statement that 12,388 other civilians were wounded in 2016. It added that last year figures didn't include casualties among civilians in Iraq's western Anbar province for the months of May, July, August and December.

At least 7,515 civilians were killed in 2015, UNAMI reports.

The monthly UN casualty report for December 2016 showed that a total of 386 civilians were

killed and another 1,066 were wounded. The worst affected area was the northern province of Nineveh, where government forces are fighting to retake the Daesh-held city of Mosul, with 208 civilians killed and 511 injured. Baghdad came next with 109 killed and 523 injured.

Daesh has claimed responsibility for a string of bombings in Baghdad that have killed more than 50 people in the last week. THE ASSOCIATED PRESS



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RESCUE

Toddler saves twin brother

A 2-year-old boy in Utah was caught on a nanny cam saving his twin brother by pushing a fallen dresser off him. The boys' mother, Kayli Shoff, tells KUTV-TV that she didn't hear the dresser falling and only saw what happened on video.

1 Two-year-old toddler twins play around by dresser.

2 The dresser suddenly falls on one of the twins.

3 The other twin bravely manages to maneuver the dresser off his brother. THE ASSOCIATED PRESS

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COLOMBIA

UN envoys blasted for party with rebels

United Nations observers are in hot water in Colombia over a video showing them dancing with leftist rebels while deployed to watch over the guerrillas as part of a peace deal.

The short video was shot by Spanish news agency EFE from inside a jungle camp in northern Colombia during a New Year's Eve party. It shows two men wearing blue vests with UN insignia dancing hip-to-hip with female guerrillas. The images, dismissed by some as a folkish display of Colombians' love for revelry in even the most adverse circumstances, drew

sharp rebuke from opponents of the peace deal between the government and the Revolutionary Armed Forces of Colombia.

"What a joke," conservative lawmaker Maria Fernanda Cabal said on Twitter. "How can we trust in the UN delegates' impartiality when they go partying with the FARC?"

The UN mission in a statement late Monday said it would take appropriate measures.

"This behaviour ... doesn't reflect the values of professionalism and impartiality of the mission," it said without identifying the officials. THE ASSOCIATED PRESS

Top CEOs already made average worker's pay

COMPENSATION

Executives getting paid more and more, report says

Before lunchtime Tuesday, Canada's highest-paid CEOs were projected to earn as much as the average working person does all year, says a report released by a think tank that tracks executive compensation.

The Canadian Centre for Policy Alternatives estimates

this year's elite group of chief executive officers will earn the average, full-time Canadian wage by 11:47 a.m. on Jan. 3, the first working day for many Canadians. Last year, it would have taken until 12:18 p.m., the report said.

Hugh Mackenzie, a Toronto-based economist who wrote the report, said the clock analogy is a powerful way to illustrate a widening gap between what top executives get paid and what average Canadian workers earn.

"That serves as a very potent symbol, I think, of the growth of income inequality," Mack-

 **That serves as a very potent symbol, I think, of the growth of income inequality.**

Hugh Mackenzie

enzie said.

Mackenzie, who is also a research associate with the Canadian Centre for Policy Alternatives, said one problem with huge CEO paydays is that they

are often based on stock grants and stock options that may encourage short-term thinking.

He said the trend toward higher executive compensation has been fairly consistent in recent years regardless of economic cycles and shareholder attempts to get more say on what companies pay their CEOs.

The federal government could play a role in levelling the playing field, he added, suggesting the most promising alternative would be a change in taxation policy as the Liberals promised during the last election. THE CANADIAN PRESS



SoftBank Robotics' humanoid robot Pepper can greet shoppers and has the potential to send messages geared to people's age and gender through facial recognition.

SOFTBANK ROBOTICS AMERICA VIA THE ASSOCIATED PRESS

TECHNOLOGY

Future of retail stores looks like science fiction

Tomorrow's retail stores want to take a page from their online rivals by embracing advanced technology — everything from helpful robots to interactive mirrors to shelves embedded with sensors.

The goal: Use these real-world store features to lure shoppers back from the Internet, and maybe even nudge them to spend more in the process.

Amazon's new experimental grocery store in Seattle, opening in early 2017, will let shoppers buy goods without needing to stop at a checkout line. Sensors track items as shoppers put them into baskets or

return them to the shelf. The shopper's Amazon account gets automatically charged.

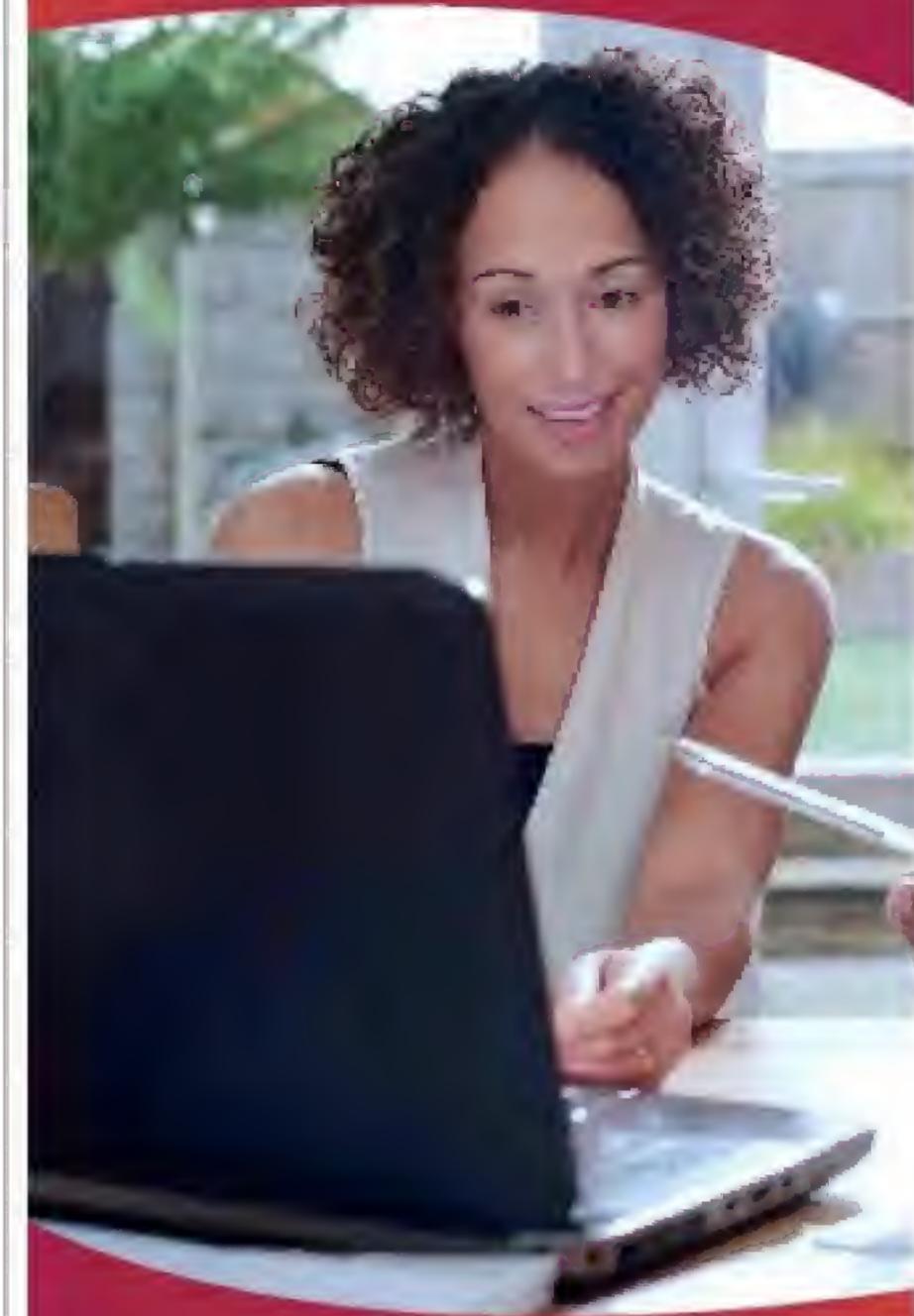
"Amazon, for good or bad, has been setting the path," said Robert Hetu, research director at Gartner Research. "Each retailer is going to have to respond in some way. But it's not one-size-fits-all."

Kroger, Neiman Marcus and Lowe's are among the companies already experimenting with futuristic retail stores. Robots, for instance, could help guide shoppers to the right aisle, while augmented reality apps could help you see how a particular shade of paint will look in the living

room — or how you might look in a pair of jeans. Many of these technologies will be unveiled or demonstrated at the CES gadget show in Las Vegas, which begins Tuesday with media previews.

Plenty of retailers have learned through trial — and error — that technology can't get too far ahead of shoppers. It has to be easy to use and beneficial to shoppers in some way, whether it's to save time or money. If retailers get it right, they might succeed in boosting spending at retail stores at a time when consumers increasingly prefer to shop online.

THE ASSOCIATED PRESS



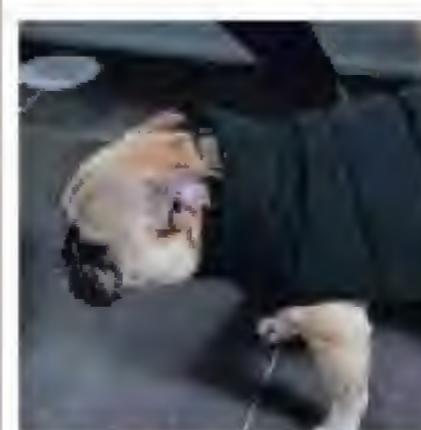
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metro VIEWS

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Wednesday, January 4, 2017

URBAN ETIQUETTE **ELLEN VANSTONE**



Dear Ellen,

I sometimes take people to lunch, and they always thank me. Some of my lunch guests follow up with "thank you" emails afterwards, which I find excessive. Am I supposed to email back and say "you're welcome"?

I also have a question about dinner parties. The day after I attend one, another guest will inevitably send a thank you note and copy everyone on the guest list. This sets off a long thread of thank yous, which I find very distracting and time-consuming, but I don't want to appear rude. What is the etiquette here?

Exhausted by emails

Dear Exhausted,

I think we're all exhausted by emails at this point. Unfortunately, some people don't know when to quit when they get into an email spiral of thanking hosts, complimenting each other, or accusing a presidential candidate of not using the right server. (I note with interest, by the way, that no one seems to give a smiling poop about Hillary's emails anymore. I guess they didn't fatally endanger the republic after all. Oh well!)

But when it comes to thanking someone for a meal, I have to say that I do approve of sending a formal email afterwards. If your guest sends you a quick "thanks for lunch" email, you don't have to respond, but an equally quick

Group email rituals sometimes turn into a competitive sport as everyone piles on with geyser of gushing gratitude.

THE QUESTION

When a dinner guest sends a 'thank you' email and copies everyone on the list, how am I expected to respond?



"my pleasure" would not go amiss.

As for a full-blown dinner party, if you've been to one, you must follow up with a thank you phone call or note regardless of email-chain hazards from other over-exuberant guests.

In the olden days, the day-after phone call was more common. And for some of us hosts, that day-long marathon of dinner-dissecting conversations was as pleasurable as the dinner party itself (sometimes even more so, truth be told). As a host, I've also been the delighted recipient of handwritten cards sent by post, and even, on occasion, a flower delivery.

Any of those approaches are still acceptable, but an email is also fine. Just be sure to take a few minutes to write a proper message with a compliment or two about the home, or food, or guest list, which is the least you can do after someone has slaved over a hot stove, or credit card, opened their home and lavished a free meal on you.

Regarding the post-dinner-party endless-email thread, believe me, I know how annoying it can be. As a writer with numerous writer friends, I've been subjected to group email rituals that sometimes turn into a competitive sport as everyone piles on with geyser of gushing gratitude, witty

retorts, double entendres, and jocular insults, veiled or otherwise.

If I'm not in the mood for all those shenanigans, I just send a separate, private email to the host(s), and ignore the endless email chain from everyone else. But I'd never tell anyone not to indulge — if you are in the mood, it's fun to keep the dinner party conversation going. And don't forget the host on the receiving end. The endless email chain is a ultimately testament to them, and they deserve every word of it.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Temporary foreign workers need same rights as citizens

They cook for us. They take care of our children. They pick the food that fills our kitchens.

Yet Canada's temporary foreign workers are required to stay that way — temporary — no matter how much they contribute or for how long they serve this country. Currently, it's a state of affairs that is ripe for abuse. The workers' rights are often curtailed because of their singular place in our system of labour and immigration. Abuse is far too prevalent.

Under the temporary foreign worker visa program, workers have little recourse to hold their employers accountable. The program precludes them from most employment standards laws: they cannot ask for breaks at work, they do not get holidays and are not paid for overtime.

For women, especially, the lack of protection is a clear and present danger. In 2015, a Mexican woman won a human rights tribunal case against Presteve Foods after enduring sexual harassment, solicitation and discrimination from her employer. Another woman was, according to CBC News, sent back to Mexico for refusing the same employer.

For migrant workers, the penalties are also financial. In Leamington, Ont., three men extorted money from workers by charging them a series of fees for accommodation, travel and procuring the work visas. The fees were in the



thousands. The documentary *Migrant Dreams* by Min Sook Lee follows the migrants and their supporters as they work to put together a case against their extortionists.

Foreign workers have one more extortionist to worry about: the government of Canada. They are required to pay into Employment Insurance; however, they are not eligible to receive EI. When farmworkers are laid off at the end of each season, they do not receive any of EI's benefits or even a refund.

The problem is in the nature of the program. Defining whole groups of people as "temporary" makes them susceptible to these abuses. The federal government recently took a positive step by eliminating the "four-in, four-out" rule, which required foreign workers to leave or not work while in Canada for four years after four years employment within the country.

Workers who come to Canada to fill necessary gaps in a range of industries should be granted access to citizenship. The corollary to the generosity that led Canada to bring in 25,000 refugees is a fairness that says: if you serve the nation, you deserve a chance to be a part of it. In the hundreds of thousands of migrants who have come to Canada over the 40-plus years of the program's existence, we already have a pool of future citizens who are ready and willing to do the work of being productive Canadians.

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Janet Jackson gave birth to her first child Tuesday, at the age of 50. The singer welcomed a baby boy, named Eissa.



Wednesday, January 4, 2017

Food that makes you happy

RECIPE

Meals to help you eat well and feel well

This time of year is full of listicles and slide shows pointing out "superfoods" that people should be eating for a happier new year. A quick Google search for "foods that make you happy" yielded 13.5 million results ranging from raw nuts to kale and spinach to chocolate.

The foods listed are usually chosen for being high in a vitamin, mineral or amino acid that's vital for the body to function, though whether food alone can boost a person's mood hasn't been definitively proven in clinical studies. Heck, if kale alone could boost our moods we would all be chugging kale juice after the disastrous events of 2016.

"Food is complex and that's often forgotten," says Timothy Caulfield, professor and research director at the University of Alberta's Health Law Institute. "Food is made up of a ton of chemicals and that makes it tough to make definitive statements about foods producing a particular mood that's good or bad."

Still, Caulfield points out numerous studies done around the world that associate a healthier, balanced diet with a better mood — especially when that balanced diet also satisfies hunger (We all know from personal experience the idea of "hangry," a portmanteau of hungry and angry).

Here are three recipes to help you eat well — and feel well — in 2017.

Hotpot For One

Makes one serving

"If you are hungry you may have less concentration and get more angry easily," writes professor at U of T's department of Nutritional Sciences and Medicine David Jenkins in an email.

So how do you keep yourself full and focused?

Health Canada recommends filling half of your plate with veggies at dinnertime as a good guideline to ensure a balanced meal rich in nutrients and fibre, which keeps the stomach feeling satiated and your digestive system happy.

This warming bowl of veggies, tofu and buckwheat noodles in a spiced vegetable broth should help keep your stomach — and mind — happy.

Ingredients:

- 2 cups (500 mL) vegetable broth, plus more to boil vegetables
- 1/4 tsp (1 mL) soy sauce, or to taste
- 1/4 cup (60 mL) thinly sliced carrot
- 1 handful watercress
- 2 button mushrooms, thinly sliced
- 5 oz (140 g) extra firm tofu

cut into small cubes
 • 3-1/4 oz (90 g) soba noodles or your soup noodle of choice

Directions:

1. In a medium saucepan, bring vegetable broth to a boil. Add soy sauce. Add carrots, watercress, mushrooms and tofu. Add more broth if necessary to cover ingredients. Cook until vegetables are tender. Add noodles and continue to boil until just al dente.
2. Transfer to serving bowl and serve immediately.

Sunshine Chopped Salad

Makes one serving

BALANCED DIET
Numerous studies show North Americans eat too much salt, and not enough potassium. One banana has 422mg of potassium — that's 9 per cent of the amount needed per day.

If you've overloaded on salty turkey and ham over the holidays, your taste buds might crave something more acidic and bright such as zesty citrus fruits. Early explorers went through the same thing, although their situation was a little more extreme: their bodies were deprived of vitamin C after sustaining on nothing but dried meats, and they were suffering from scurvy.

Though scurvy is rare these days, a brightly coloured salad — with lots of texture, healthy fats, lean protein and tart acids — may help you feel more balanced. It also helps that we like to eat with our eyes and are drawn to colourful plates rather than a bowl of grey mush.

- Ingredients:**
- 4 oz (115 g) boneless, skinless chicken breast diced into 1-cm cubes
 - Salt and pepper, to taste
 - 2 cups (500 mL) chopped green leaf lettuce or lettuce of your choice
 - 1 hard-boiled egg, chopped
 - 1/2 avocado, seeded, peeled and diced
 - 1/2 cup (125 mL) peeled and diced beet
 - 1/2 orange, cut into segments with seeds, skin, pith and membranes removed
 - Olive oil, to taste
 - Balsamic vinegar, to taste

Directions:

1. In an unoled skillet over medium high heat, sauté chicken until fully cooked and browned. Season with salt and pepper to taste. Set aside.
2. In a salad bowl, sprinkle chopped lettuce on bottom to form an even bed. Top with lines of chopped egg, avocado, beet, orange and cooked chicken. Drizzle with

olive oil and balsamic vinegar to taste. Serve immediately.

Hot Chocolate Coffee

Makes one serving

The placebo effect of comfort food comes down to one thing: nostalgia. Caulfield says we associate certain food with memories — think chocolate with childhood birthday cake — and that's one reason why a square of the dark stuff can put a smile on your face, as it reminds us of all the good times experienced when chocolate was around.

The same logic applies to other comfort foods such as pizza, mac and cheese, cake — foods that people are more likely to have when they were children or during celebrations.

A dash of cocoa powder in your morning coffee might just hearken you back to snow days on your morning commute.

Ingredients:

- 1-1/2 cups (375 mL) freshly brewed hot coffee
- 1 tbsp (45 mL) unsweetened cocoa powder
- 1 tbsp (45 mL) granulated sugar
- 1 tbsp (45 mL) milk or cream

Directions:

1. Fill a large mug or pot with coffee and stir in cocoa powder, sugar and milk. If coffee isn't hot enough to completely dissolve cocoa powder, whisk everything together in a small saucepan over low heat.
2. Serve immediately.

TORSTAR NEWS SERVICE



RECIPE

Fruity, tangy salsa can help peel back those winter blues

If you're snowbirding in Florida this winter, you'll probably come across the big round Honeybell tangelo, known for its deep orange colour and distinctive top knot.

Those of us left behind can soak up our vitamin C from its cousin, the Minneola tangelo, a cross between a sweet tangerine and a tangy grapefruit.

Though bred in Florida in 1931 and named for the city of Minneola, west of Orlando, it has a bold tart-sweet flavour and loads of juice — fantastic for making fruity drinks and cocktails.

A Minneola salsa works really well for chicken, fish or seafood. This sunny Sunkist salsa featuring Minneola tangelos starts the new year off on a light, healthy, spicy note.

Chicken with Minneola Salsa

Makes 4 to 5 servings.

Ingredients:

- 2 lb (900 g) boned, skinned chicken breasts

Salsa

- 2 Minneola tangelos, peeled and diced
- 1 cup (250 mL) diced tomatoes
- 1/3 cup (75 mL) diced white onion
- 1/4 cup (60 mL) Thai sweet red chili sauce
- 1/4 cup (60 mL) coarsely chopped fresh cilantro

Marinade



Let some sunshine in with a twist of tangelo

RENEE ANJANETTE KALMAN/TORSTAR NEWS SERVICE

- 1 lemon, zest and juice
- 1 tbsp (15 mL) vegetable oil
- 1 tbsp (15 mL) Dijon mustard
- 1 tbsp (15 mL) minced fresh ginger
- 1 tbsp (15 mL) kosher salt
- Freshly ground black pepper to taste

Directions:

1. For salsa, gently mix Minneolas, tomatoes, onion, chili sauce and cilantro to combine. Set aside.

2. For chicken marinade, whisk lemon zest, juice, oil, mustard, ginger, salt and pepper in a large bowl. Add chicken and turn to coat on all sides. Cover and refrigerate at least 30 minutes or up to 1 hour.

3. Remove chicken from marinade and discard marinade. Heat skillet or grill pan on medium high and add 1 tbsp (15 mL) oil.

4. Cook chicken breasts without moving them for about 5 minutes, until underside is golden brown. Flip using tongs and cook on second side for another five minutes.

5. Remove from heat and let sit a minute or two. The internal temperature should reach 165 F (74 C). Plate chicken and spoon salsa over top.

TORSTAR NEWS SERVICE



LIQUID ASSETS PETER ROCKWELL

Resolve to embrace wizardry of Oz again

If you're still looking for a New Year's resolution, how about re-discovering the output from an established wine-producing country like Australia.

Once the leader of the New World wine revolution, Down Under has fallen off the radar of many aficionados as the juice of once-upon-a-time up-starts like Chile, and California. While I could go on about the uniqueness of its growing regions and its innovative use of familiar grape varieties, for me the defining description of Australian wines is that they offer uncompromising value no matter how much they cost.

Hardy's Stamp Series 2015 Shiraz Cabernet (\$9.95-\$12.99) is a great example from the lower price range. Dry, dark and well-balanced, it's a solid re-introduction to Oz.

Prices reflect the range across the country. Some products may not be available in all provinces.



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JOHANNA SCHNELLER WHAT I'M WATCHING

'He's like a block of wood that's been taught to bark'

THE SHOW: *The New Celebrity Apprentice, Season 1, Episode 1* (NBC)

THE MOMENT: Here's Schwarzenegger!

In the boardroom, two teams, including Porsha Williams (a Real Housewife of Atlanta whose many IMDB credits are all as "Herself") and comedian Jon Lovitz, face down their "boss," actor and former California governor Arnold Schwarzenegger.

"Jon, we know each other a long time," Arnold says. "But in here you call me Governor." Lovitz provides the appropriate "Boing!" reaction shot.

Porsha natters on about why her team lost. Arnold leans over to his "business adviser," his Munich-born nephew, Patrick Schwarzenegger, and growls, "She never stops talking" — in German.

At episode's end, he puffs on a cigar, indoors, breaking California law.



It's out with the old and in with the new in the boardroom but Arnold Schwarzenegger's German quips are about the only welcome addition to *The New Celebrity Apprentice*. HANDBOUT

ests he's blithely unconcerned about fixing before he commands his new boardroom in Washington, D.C.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

PRANK

Security fear Hollyweed sequel

Days after a prankster scaled a fence and altered the iconic Hollywood sign to read "HOLLYWeeD," the agency that maintains and secures landmark said it will explore boosting security.

Chris Baumgart, chairman of the Hollywood Sign Trust, said he plans to meet with police officials to be debriefed on the matter and explore ways to prevent similar acts.

"The surveillance system is like a chain," Baumgart told the LA Times. "The chain is only as good as its weakest link, so as we study this — the prankster coming in, how he [or] she slipped through — we will determine this week where the link was that was weak, then we will upgrade there."

Police began investigating after a person used giant tarps to turn two of the iconic sign's white O's into e's sometime on New Year's Eve or early New Year's Day.

The prankster, dressed in black, was recorded by security cameras and could face a misdeavour trespassing charge, officials said Sunday. However, police have called off a search for suspects.

Investigators determined the sign had not been damaged, police spokesman Sal Ramirez said.



Hollywood turns to Hollyweed. GENE BLEVINS/AFP/GETTY IMAGES

The person scaled a protective fence surrounding the sign above Griffith Park and then clambered up the giant letters to drape the coverings, officials said.

In 2014, the city replaced an old T-bar gate with a wrought-iron fence to keep trespassers out of the park and away from the Hollywood sign at night.

In recent years, residents in adjacent Beachwood Canyon have pushed to close access to the sign. They complain that tourists, hikers and motorists clog the narrow, winding road leading to the sign.

About 35 cameras are positioned to monitor the sign and surrounding areas, and a police officer sits in a guard house around the clock, Baumgart told the newspaper.

The prank may have been a nod to California voters' approval in November of Proposition 64, which legalized recreational marijuana, beginning in 2018.

Hikers and tourists in the hills spent Sunday morning snapping photos of themselves in front of the altered sign before park rangers began removing the tarps.

THE ASSOCIATED PRESS

TELEVISION

Kelly leaves Fox News to join NBC

Megyn Kelly, the Fox News star who's had a contentious relationship with President-elect Donald Trump, said Tuesday that she's leaving the network for NBC News, where she will host a daytime talk show, a weekend newsmagazine and contribute to breaking news coverage.

NBC News made the announcement Tuesday, ending months of speculation over whether she would re-up with Fox, where she has flourished while suffering bruised feelings in recent months, or start a new chapter in her career. Her contract with Fox expires this summer. It was initially unclear when she would leave the Fox airwaves.

Kelly's departure deprives Fox News of its second-most-watched host, behind only Bill O'Reilly, and a hole at 9 p.m. in its prime-time lineup.

"While I will greatly miss my colleagues at Fox, I am delighted to be joining the NBC News family and taking on a new challenge," Kelly said in a message on Twitter on Tuesday.

Kelly became one of Fox's



Megyn Kelly will host a talk show as part of her new role on NBC News. GETTY IMAGES FILE

hottest properties and a flash-point in the presidential campaign after Trump objected to her questioning in the first Republican presidential debate a year and a half ago. He tweeted angry messages about her and boycotted another Fox debate after the network refused to replace her as one of the debate moderators.

She also became a central figure in the downfall of former Fox News chief Roger Ailes, telling in-house investigators of inappropriate conduct by Ailes that supported women who had made similar accusations. THE ASSOCIATED PRESS

ELVIS PRESLEY * JOHNNY CASH * JERRY LEE LEWIS * CARL PERKINS

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Helping busy professionals gain a competitive advantage

A new year brings with it new opportunities, and maybe even a resolution or two.

For busy professionals who want to gain a competitive edge and get ahead in their career, the University of Manitoba offers flexible study options through its Extended Education division. That's good news for those who are juggling personal and professional responsibilities, but still want to add university-recognized credentials to their résumé.

"Our primary goal is to extend the academic strength of the University of Manitoba to our community. Working professionals are included in that community," says Gary Hepburn, dean of Extended Education.

Hepburn adds, in understanding the unique needs of these students, "with quality instruction and flexible delivery methods, we can dynamically and proactively help our students plan and execute their goals."

Extended Education offers a whole suite of programs for working professionals, including Change Management, Applied Counselling, the Post-Baccalaureate Certificate in Applied Leadership and the Certificate in Management and Administration. Students capitalize on multiple course start dates, appropriate timeframes for program completion, blended course work

and online classes.

Joel Billing, who completed the Certificate in Management and Administration, appreciated that flexibility. "Driving into the city an hour and a half both ways was not a viable option for my family, but having U of M offer this course via online delivery has allowed me to create a really nice work/life balance for this field of study," says Billing. "Each course has so far held very applicable material that is relevant and appropriate to what I want to be as a manager."

Regardless of distance, academic support is always nearby. "Sometimes doing the program online can be difficult — you have to be very disciplined and able to put some time aside — and the instructors made that very easy for me to do," says Debbie Kelly, who graduated with a Certificate in Adult and Continuing Education.

Adult learners have busy lives to work around. With tools like Extended Education's course planner, students can look to the year ahead, and plan their courses accordingly.

To find out more about the programs Extended Education offers and how they can help you reach your goals, visit umextended.ca. Registration is open now for courses that begin in January. It's the perfect time to explore new educational opportunities.



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THE CHECKLIST | 2017 CHRYSLER PACIFICA

THE BASICS

Engine: 3.6-litre V6
Output: 287 horsepower, 262 lb-ft
Transmission: Nine-speed automatic
Fuel Economy (L/100 km): 12.9 city, 8.4 highway, 10.9 combined
Price: Starts at \$45,740



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- Smooth ride
- Versatility

LEAVE IT

- Flat, lifeless front seats
- Gets expensive with add-ons

REVIEW

Yeah, you read that headline right — this minivan rules



Craig Cole
AutoGuide.com

The Chrysler Pacifica minivan launched in 2016 replaced the long-running Town & Country nameplate. Despite riding atop an all-new platform and offering more features than ever, I must confess that my hopes weren't very high for this family hauler.

But as the old saying goes, "When you assume you make an ass out of you and me," I'm happy to report my fears were completely unfounded because this is the best vehicle FCA builds.

Let that soak in for a moment. I'm declaring that its latest minivan is better than the ever-popular Jeep Wrangler, stupid-fast Hellcat cars and even the 505-horsepower Alfa Romeo Giulia Quadrifoglio, which, admittedly, I've yet to sample. Yeah, you read that right.

Its body brings new style to a staid segment. Resembling a pumped-up 200 sedan, this minivan's bodywork has a sculptural elegance to it; a breadbox on wheels it most certainly is not.

Smoothly flowing lines fill this van's interior as well. Most of the Pacifica's cabin is made of hard plastic, but the graining is upscale and everything well built. No obvious fit-and-finish

anomalies were spotted in my test model.

Pop open a sliding bin on the dashboard or centre console and they roll like they're on ball-bearing slides; their motion is eerily friction free, something that exudes quality.

The 2017 Chrysler Pacifica is built on an all-new architecture that's supposedly the stiffest and lightest in its class, attributes that contribute to the reduced intrusion of noise and harshness. While in motion, there are no jiggles or rattles to cheapen the experience. Everything is tight and solidly built; you can tell the people who screw it together in Windsor, Ont., really care.

Chrysler's ingenious Stow 'n Go second-row seats remain and are still a marvel of mechanical engineering, folding, tumbling and dropping into the floor with the simple pull of a strap. When people aren't on your manifest, the Pacifica offers nearly 3,993 litres of interior volume.

In their upright and locked position, those second-row seats are extremely comfortable, offering plenty of knee and headroom with a lower cushion that's nicely elevated off the floor.

The Pacifica is motivated by a familiar friend, FCA's versatile and refined 3.6-litre Pentastar V6.

As smooth-running as ever, it sports a raft of enhancements for 2017 including two-stage variable valve lift and cooled exhaust-gas recirculation. A nine-speed automatic is the only transmission offered but don't worry, it's smooth and speedy, swapping ratios without any fuss, which is exactly the way it's supposed to function.

4

THINGS THAT MAKE THE TOYOTA TACOMA TRD PRO SPECIAL

The new 2017 Toyota Tacoma already sets itself apart with its unique off-road components, but let's take a look at exactly what makes the new TRD Pro different from the regular Tacoma. **STEPHEN ELMER/AUTOGUIDE.COM**



1 Unique suspension

The Tacoma uses a brand new set of Fox internal bypass shocks that are position sensitive, which allows for a tight setup on the road and a plush suspension that soaks up the bumps when you leave the road. New spring rates, specially tuned leaf springs, and a one-inch lift complete the package.

2 Heritage-inspired looks

Toyota knows that its special models should look the part, and this Tacoma doesn't disappoint. The heritage-inspired grille that reads 'TOYOTA' is a personal favourite, while blacked out, thick TRD Pro badges offer a tough look.

3 LED lights

To allow for some night-time adventures, Toyota teamed up with Rigid Industries, which installed a set of LED off-road lights on the front of the TRD Pro. They may look small, but they can pack a pretty good punch after dark.

4 There's a manual!

For those few looking specifically for a manual off-roader, Toyota has you covered, pairing the TRD Pro's 3.5-litre V6 with either a six-speed automatic or a six-speed manual. Best of all, the gate on the manual is fairly notchy, feeling good in your hand.

The Vikings say the pair who hung from the rafters in protest of the Dakota Access pipeline entered U.S. Bank Stadium with tickets on Sunday

Jets keep Lightning at bay

NHL

Ehlers shines with pair as Winnipeg win in Florida

TUESDAY in Tampa Bay

6	4
JETS	LIGHTNING

Nikolaj Ehlers had two goals, including a penalty shot during Winnipeg's three-goal second period, and the Jets beat the Tampa Bay Lightning 6-4 on Tuesday night.

The Jets, coming off a pair of losses where they were out-scored 11-5, also got goals from Mark Scheifele, Jacob Trouba, Dustin Byfuglien and Patrik Laine. Connor Hellebuyck made 32 saves.



Nikolaj Ehlers celebrates with his Jets teammates after scoring against the Lightning. CHRIS O'MEARA/THE ASSOCIATED PRESS

SOCER

Lawrence headed to France with PSG

After a stellar collegiate career and fine Olympic showing, young Canadian soccer star Ashley Lawrence is going to test herself against the best in Europe.

The 21-year-old fullback-midfielder from Toronto, who has 46 caps for Canada, has signed with renowned French club Paris Saint-Germain through June 2019.

"Ashley is one of the most promising young players in the world under 22 years of

MORE SCORES

■ Blue Jackets 3, Oilers 1

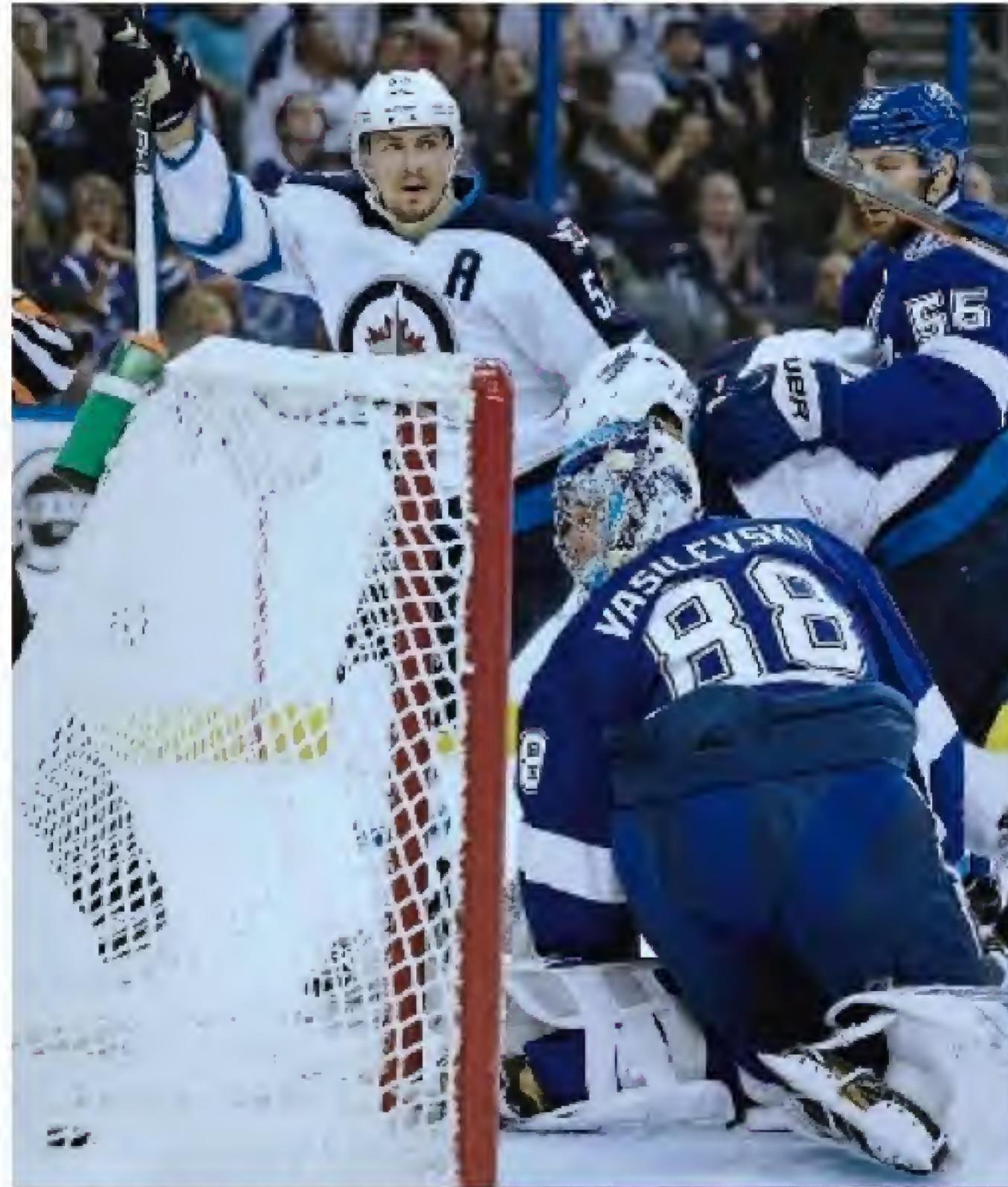
Cam Atkinson and William Karlsson scored power-play goals and the host Columbus Blue Jackets beat the Edmonton Oilers on Tuesday night to extend their winning streak to 16 games — one away from the longest ever in the NHL.

■ Sabres 4, Rangers 1

W. Kane and Justin Bailey scored 1:42 apart around the first intermission, leading the Buffalo Sabres to victory over the New York Rangers in Manhattan.

THE ASSOCIATED PRESS

Matthew Peca got his first NHL goal for the Lightning. Nikita Kucherov had two goals, Ondrej Palat also scored and Andrei Vasilevskiy stopped 28 shots. THE ASSOCIATED PRESS



Mark Scheifele celebrates the opening goal on Andrei Vasilevskiy on Tuesday night in Tampa, Fla. CHRIS O'MEARA/THE ASSOCIATED PRESS



Ashley Lawrence
GETTY IMAGES

age at her position." Olivier Letang, PSG's sports director, said in a statement. "It's very satisfying to see her sign for us looking to continue her development and show her talents to the Parisian fans."

THE CANADIAN PRESS

IN BRIEF

McDavid to captain Pacific Division all-star team

Edmonton Oilers forward Connor McDavid will serve as one of four captains at the NHL all-star game in Los Angeles this month.

McDavid led all Pacific Division players in fan voting, earning him the "C" for his division. The other division vote leaders were Pittsburgh forward Sidney Crosby (Metropolitan), Nashville defenceman P.K. Subban (Central) and Montreal goalie Carey Price (Atlantic). THE CANADIAN PRESS

PREMIER LEAGUE

Gunners fire back to salvage draw

Olivier Giroud headed a late equalizer after setting up two goals to complete Arsenal's second-half comeback at Bournemouth, salvaging a 3-3 draw for his side in an engrossing Premier League game on Tuesday.

Bournemouth stunned Arsenal in an electric 20-minute opening, with Charlie Daniel netting and Callum Wilson scoring a penalty. Arsenal's troubles on the south coast deepened in the 58th minute

when Ryan Fraser put the ball through goalkeeper Petr Cech's legs.

But Bournemouth capitulated in the final 20 minutes, helped by being reduced to 10 men, with Giroud setting up Alexis Sanchez with a header and then teeing up Lucas Perez's volley in the 75th minute.

Arsenal missed a chance to regain third place from Manchester City, staying fourth in the standings.

THE ASSOCIATED PRESS

WORLD JUNIORS

Canada coach: Pressure's on Sweden

Canadian coach Dominique Ducharme wants to see what Sweden is made of.

The Swedes didn't see much adversity as they rolled off five straight wins to start the world junior hockey championship, and Canada will be their biggest test yet when they meet in a semifinal on Wednesday night Montreal.

"It's one game and we'll be ready for it," Ducharme said Tuesday. "We can beat them."

"They're a good team. They showed in the last 10 years that they're really good in the first round but they have (found) ways to lose when things get tougher and we want to make it tough on them. We'll see how they react to pressure."

The winner advances to Thursday's final against either Russia or the United States at the Bell Centre.

The Swedes have emerged as a favourite with a highly skilled team led by a top line with Alexander Nylander and Joel Eriksson Ek, who both started the season in the NHL, along with gritty Carl Grundstrom.

But being good hasn't always translated into gold for the blue and gold. This year, they extended their streak to 40 straight wins in group stage games at the world juniors — 10 perfect 4-0 records in a row. But they have only one gold medal in 2012 to show for it. They settled for four silvers over that span and finished out of the medals the last two years.

THE CANADIAN PRESS

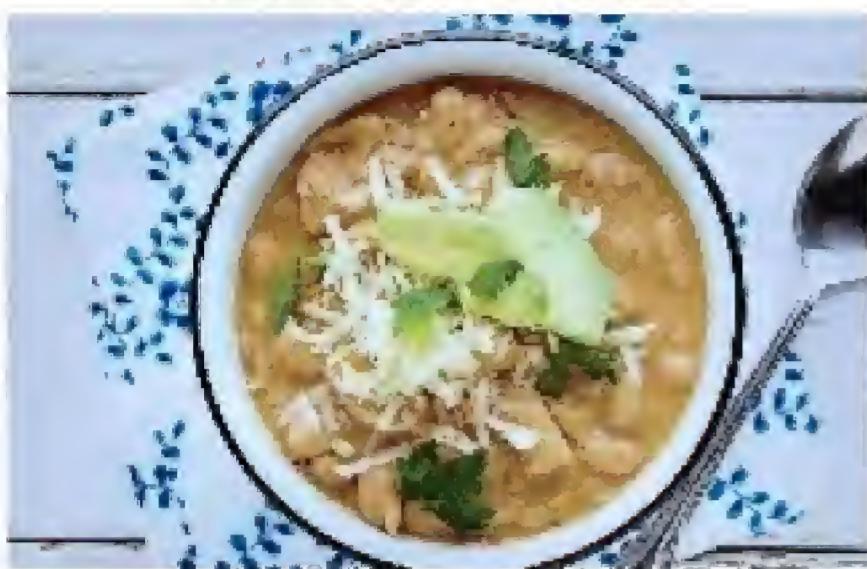


To be here now is satisfying, but it's not what we want. The gold medal is what we want.

Team Canada forward Mathew Barzal

MAKE IT TONIGHT

Winter White Chili



Ceri Marsh & Laura Keogh
For Metro Canada

We've paired traditional spices with chicken to create this twist on a classic chili that still delivers on comfort and flavour.

Ready in 55 minutes

Prep time: 10 minutes
Cook time: 45 minutes
Serves 4

Ingredients

- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannellini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions

1. Brown chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.
2. Remove from pan and place on a plate. Set aside.
3. Sauté onions and garlic until they start to smell fantastic. Now add spices and let cook for a minute or two. Add beans, broth and mix in the chicken. Let simmer 20 minutes.
4. Turn heat down and stir in yogurt. Add lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.
5. Serve with a good sprinkling of cilantro.

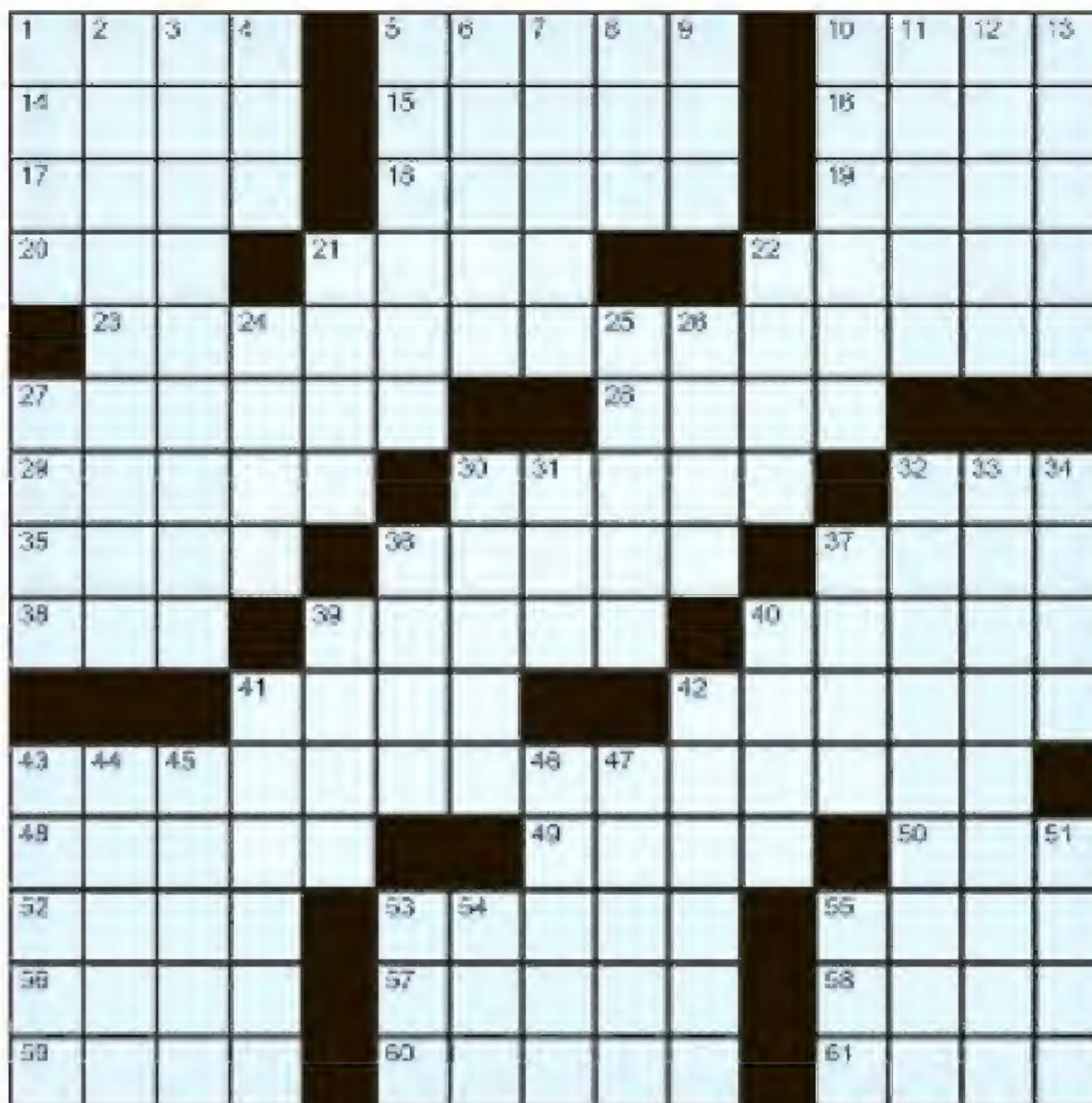
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Twain-of-tunes' trophies, tiny-ly
5. Arlene and Roald
10. Web letter category
14. Nectar-y necklaces
15. The _ (Diner's daily order)
16. Yarn
17. French 101 verb
18. _ journalism (Reporting style popularized by Hunter S. Thompson)
19. Up to the task
20. URL's helpful area
21. Capital of Greenland
22. "Sky _" by Eric Burdon & The Animals
23. Recreational community of northwest Saskatchewan between Churchill Lake and Little Peter Pond Lake; 2 wds.
27. Sheep's coat characteristic
28. Stevie Wonder's "Made to Love Her"
29. High: Latin
30. Danny _ (Season 8 "American Idol" top three finalist in 2009)
32. Belonging to Winnipeg's prov.
35. Contends
36. Jimmies
37. #50-Across' casual opposite
38. "Layla" singer's initials-sharers
39. Drills and crowbars
40. _ Rica
41. Phonetic alphabet's last letter
42. Melting snow's state
43. Shots taken at the commencement of fitness overhauls: 2 wds.
48. Food-preparer's wear
49. Concrete hunk
50. "Uh-uh."
52. Sonic sound
53. Prefix with 'con-
55. 'Snow house' in Inuktitut
56. Edge tool
57. Grinding tooth
58. Becomes
59. Visionary
60. Magical being in a John Keats 'Song'
61. Industrial city



in Russia

DOWN

1. Music staff symbol
2. BMR = Basal Rate (Resting body's calories-burning expenditure)
3. Speaker's lin-

- gers-created marks indicating irony or sarcasm; 2 wds.
4. Opposite NW
5. Sudbury-born hockey great Ron
6. Nary _ (Nobody)
7. Elvis: "A Big _ Love"
8. _ -Boy (Reclining)

- ers brand)
9. _ -mo replay
10. Tiered steps
11. Mr. Picasso
12. Grant
13. Track events
21. Belonging to the Dallas Cowboys org.
22. Hope the heavens will hear
24. Wintertime wellness woes
25. Brand name running shoes
26. Venerations
27. Surfer's need
30. Band
31. Vinegar's salad pal
32. Courier
33. They create a spa-like experience: 2 wds.
34. Single-horse carriage
36. South _
37. Elton: " _ Song"
39. Swivel
40. Health _
41. 45-plus-people Canadian magazine
42. 1889 Vincent van Gogh painting, The _ Night
43. Rum cakes
44. Lyric poem
45. Did this in the sub-zero weather
46. Basketry fibre
47. Well-defined
51. Shed the corn's shell
53. Global currency org.
54. Q. Does 'B' come first? A. " _ does."
55. OneRepublic's "Wherever _"

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Because you make such a good impression on bosses, ask for what you want. They might say "no" — but then again, they might say "yes."

Taurus April 21 - May 21
Travel plans appeal to you now, because you need a change of scenery. Do whatever you can to get out of town, even if it's just a short trip.

Gemini May 22 - June 21
It's time to address red-tape details that we like to avoid. Get out those boring-looking papers and wrap up loose ends with taxes, debt, inheritances and insurance issues.

Cancer June 22 - July 23
Remember to get more sleep this month. Some of you have felt increased tension from encountering ex-partners.

Leo July 24 - Aug. 23
Continue to do whatever you can that makes you feel on top of your game. Make lists. Get up early. Try to be efficient and productive, because this is what will please you.

Virgo Aug. 24 - Sept. 23
This is a playful time! Lucky Virgos are on vacation. Perhaps you can be a tourist in your own city? The bottom line is to have fun and enjoy yourself.

Libra Sept. 24 - Oct. 23
Grab every opportunity to cocoon at home, because you need to buffer yourself from the busy world around you. Of course, your work continues to make demands of you.

Scorpio Oct. 24 - Nov. 22
You have a strong sense of wanting to talk to others or enlighten someone about something. This influence will help those of you who sell, market, teach, act or write.

Sagittarius Nov. 23 - Dec. 21
You're giving lots of thought to your earnings now, because you need the money in order to follow through on your plans. Many of you are renovating and redecorating where you live.

Capricorn Dec. 22 - Jan. 20
This is a strong time for you, which is why you need to make the most of it. Use the important contacts that come your way to push your own agenda forward.

Aquarius Jan. 21 - Feb. 19
Although you want to work behind the scenes and keep a low profile, you are focused on money and cash flow right now. Some kind of research will pay off.

Pisces Feb. 20 - March 20
This is a popular time for you. Accept this and enjoy the company of others. In fact, your interactions with others will benefit you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6	2		7	8
4		8		9
9	7	1	5	4
8	6	4	2	
9	4		1	8
6	8	1	5	
7	1	3	9	8
8		6		7
9	3		6	5

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6	9	3	1	8	4	7	2	5
2	1	5	3	7	6	8	4	9
4	8	7	2	5	9	6	3	1
5	3	6	4	1	8	2	9	7
8	7	2	9	3	5	1	6	4
9	4	1	7	6	2	3	5	8
3	5	8	6	4	7	9	1	2
7	6	9	5	2	1	4	8	3
1	2	4	8	9	3	5	7	6



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